The Smartest Diet for Your Brain

MIND – MEDITERRANEAN + DASH INTERVENTION FOR NEURODEGENERATIVE DELAY

The Importance of the “P” word – PLANTS!
People who eat more dark, leafy greens at least once a day have a substantially slower cognitive decline with age than those who eat the Standard American Diet (SAD). The Mediterranean diet is high in healthy unsaturated fats, such as olive oil, fish and nuts, and has been linked to lower rates of dementia due to Alzheimer’s disease and mild cognitive impairment.

Limit Red Meat
- Limit foods high in saturated fats to protect your brain against the development of degenerative diseases

Don’t Forget Fish
- Fish is a great source of omega-3 fatty acids, essential to the body & for brain development and function

Load Your Plate with Fruits & Vegetables
- Spinach, kale, broccoli and other leafy greens are rich in many brain-loving nutrients. Blueberries, raspberries and blackberries are packed with antioxidants, which can potentially slow aging in the brain.

Enjoy Dark Chocolate
- Dark chocolate contains flavonoids, which are strong antioxidants. Flavonoids may improve blood flow to the brain and reduce inflammation.

Spice Up Your Life
- Turmeric, cinnamon, ginger and many other spices are loaded with antioxidants that may decrease inflammation in the brain

“What you eat directly affects the structure & function of your brain” – Dr. Eva Selhub